

I am a board-certified Pediatric Sleep Medicine Physician. I am asking you to please oppose SCR 6, permanent Daylight Saving Time (fast time). Please amend or replace with legislation for permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 4+ months, later even than 9am. It would mandate millions of Ohioans to start school/work in the dark throughout the winter. **It historically costs lives and business when tried.** Permanent Standard Time instead is federally approved. It is the natural clock, set to the sun, and is historically and scientifically best for health, safety, education, and economy. Arizona and Hawaii have observed permanent Standard Time for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. No on SCR 6. Thank you.

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